

MARCH 2024



Elementary Lunch Menu

A meal includes an entrée,
a fruit and/or vegetable(s)
and choice of milk.

ACE'S CORNER

Available Daily:




Pretzel Pack with Yogurt & String Cheese (v) or Peanut Butter & Jelly Pack (v)
Milk: Skim White, Skim Chocolate, Skim Strawberry, 1% White
Carrot Snack Pack & Raisins



NEW!
menu item



Vegetarian entrees indicated with a (v)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Join us for new fresh, healthy bites on</div> <div>WELLNESS WEDNESDAYS</div>	<div>Now featuring a variety of fresh-made salads, sandwiches, parfaits, hummus, or BYO pizza lunch packs every Wednesday.</div>	<div>We work with these companies that your family knows & trusts, to serve the highest quality products, formulated specifically for K-12.</div> <div></div>	<div>Personal Pizza (v) Turkey Dog on a Bun</div> <div>Peaches Baked Beans</div>	
<div>Mozzarella Sticks 4 with Marinara Sauce (v) Chicken Bites</div> <div>Applesauce Shredded Lettuce</div>	<div>Chicken Bacon Ranch 5 Sandwich Cheeseburger</div> <div>100% Apple Juice Sweet Golden Corn</div>	<div> Cheese Omelet with 6 Breakfast Potatoes (v) Sausage & a Biscuit Strawberry Yogurt Parfait (v)</div> <div>Mixed Fruit Breakfast Potatoes</div>	<div> Popcorn Chicken 7 Mashed Potato Bowl with Gravy Chicken Patty</div> <div>100% Grape Juice Cucumbers</div>	<div>Personal Pizza (v) 8 Turkey Dog on a Bun</div> <div>Pears Baked Beans</div>
<div>Pizza Dippers 11 with Marinara Sauce (v) Chicken Bites</div> <div>Applesauce Shredded Lettuce</div>	<div>Chicken Drumstick 12 with a Biscuit Cheeseburger</div> <div>100% Apple Juice Sweet Golden Corn</div>	<div>Mac and Cheese topped with 13 Goldfish Crackers (v) Hummus with Veggies Pack (v)</div> <div>Mixed Fruit Cucumbers</div>	<div> Teriyaki Chicken 14 with Brown Rice Chicken Patty</div> <div>100% Grape Juice Steamed Broccoli</div>	<div>Personal Pizza (v) 15 Turkey Dog on a Bun</div> <div>Peaches Baked Beans</div>
<div>Corn Dog 18 Chicken Bites</div> <div>Applesauce Shredded Lettuce</div>	<div>Pancake Bites (v) 19 with or without Sausage Chicken Patty Sandwich</div> <div>Mixed Fruit Peas</div>	<div>Doritos Nachos with 20 Beef and Cheese Turkey & Cheese Wrap</div> <div>Mixed Fruit Green Beans</div>	<div>Half Day 21</div>	<div>Personal Pizza (v) 22 Turkey Dog on a Bun</div> <div>Pears Baked Beans</div>
<div>Chicken Crispito with Salsa 25 Chicken Bites</div> <div>Applesauce Shredded Lettuce</div>	<div>Chicken Patty Sandwich 26 with BASD Sauce and Pickles Cheeseburger</div> <div>100% Apple Juice Crinkle Cut Fries</div>	<div>Waffles (v) 27 with or without Sausage BYO Pizza Lunch Pack (v)</div> <div>Mixed Fruit Mixed Vegetables</div>	<div>School Closed 28</div>	<div>School Closed 29</div>

To make a meal, students must select 3 or 4 items.
At least 1 item must be a ½ cup of fruit or a 4 oz fruit juice.
Meals without a fruit, will be charged a la carte pricing.

BOLD & BERRY-FUL

Easily spotted by their vibrant appearance, red and pink foods contain lycopene, beta-carotene (vitamin A), and vitamin C. Lycopene is a powerful antioxidant that helps remove damaging free radicals. Vitamins A and C are beneficial to eye, skin, and muscle health. Red foods that are high in lycopene and vitamins A and C include strawberries, currants, red peppers, and beets. On top of these impressive benefits, some red foods are used as dyes.

DISCOVER: RASPBERRIES



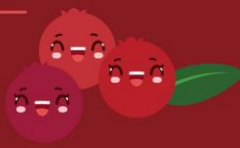
Look out for the perfect combo of tart and sweet this month. In season during the summer, raspberries are brimming with vitamins, minerals, and antioxidants.



TOMATOES: Tons of antioxidants, vitamin C, & lycopene
Peak Season: May - Oct.

CRANBERRIES: Hearty dose of quercetin, fiber, & antioxidants

Peak Season: Sep. - Nov.



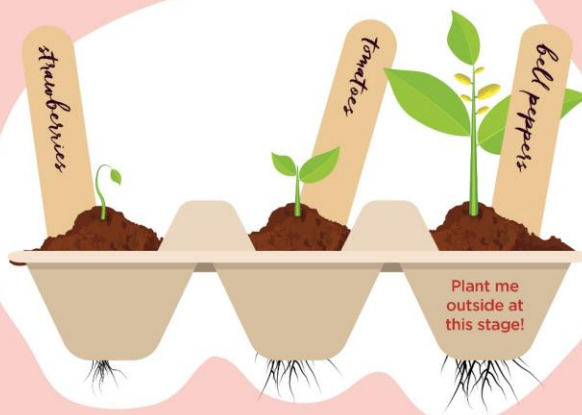
POMEGRANATES:
Bursting with fiber, protein, & folate
Peak Season: Sep. - Nov.

CHALLENGE OF THE MONTH: SPRING GROWTH

With spring just around the corner, what better way to celebrate than planting your own egg carton garden? Springtime in Texas is a great time to grow **strawberries, radishes, tomatoes, and red bell peppers**.

MATERIALS: soil, water, an egg carton, popsicle sticks, and seeds

DIRECTIONS: Add a bit of soil to each egg slot and plant a few seeds of one type in each. Use labeled popsicle sticks to keep track of your different seeds. Water a bit each day and watch as your garden grows!



ACE'S RECIPE OF THE MONTH:

BEET APPLESAUCE*

This blushing applesauce can't be beet!



INGREDIENTS:

- 4 large apples
- 1 small beet
- 1 teaspoon ground cinnamon
- 1/2 cup water

PREPARATION:

1. Ask an adult to core apples and cut into chunks (peeled optional)
2. Ask an adult to place a pot on the stove top over high heat and add the apples, beet, cinnamon, and water.
3. Bring to a boil and then simmer on low, covered, for 30 minutes or until the apples are tender.
4. Put all ingredients into a blender and pulse until desired consistency (**be careful blending the hot liquid!**).
5. Place in a sealed container and chill in the fridge. Eat within 3 days.

***DO NOT attempt to chop ingredients or cook without adult supervision.**